

A STUDY OF SELF-CONFIDENCE & SOCIAL MALADJUSTMENT SPECIALLY-ABLED FEMALE PLAYERS AND NON-PLAYERS

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Abstract

The purpose of this study was to determine the impact of self-confidence and sports activity on social maladjustment in specially-abled (physically challenged) female individuals. To conduct the study 200 physically challenged female sportsperson aged between 20-25 years were selected as sample. Participation in any sporting event of national games organised for physically disadvantaged individuals was the requirement for selection of physically challenged athletes. To fulfill the objectives of the study, 200 physically challenged female non sportspersons age ranged between 20-25 years were also selected as sample. Social maladjustment was assessed by one of the dimensions of five dimensional Emotional Maturity Scale prepared by Singh and Bhargava (1990). To assess self-confidence of selected subjects, Pandey's Self Confidence Inventory (1983) was used. Analysis of data in the form 2x2 factorial design reveal significant main effect of self-confidence and participation in sports on social maladjustment of physically challenged female subjects. It was concluded that self-confidence and participation in sports alone but not in interaction with each other are significant contributors in terms of reducing social maladjustment in physically challenged females.

Keywords : Physically challenged, social maladjustment, self-confidence, participation in sports.

INTRODUCTION

Social adjustment means interacting with social environment in fruitful manner. It is important to maintain tuneful relationship with social circle. A socially maladapted person did not have social adaptability thereby often live alone. There are many causes of social maladjustment in which physical disability is one. Physical, cognitive, mental, sensory and emotional disability reduces a persons' capacity to efficiently perform even the routine works. Inferiority complex often develops due to physical disability. Hence physical disability is associated with lack of self-confidence and thereby adjustment. Since physical disability is associated with some psycho-social problems efforts have been made in this regard to enhance social adjustment of physical disabled with alternative therapy. In this relationship researchers like Sherrill et al. (1990), Hutzler et al. (2002), Weiss and Bebeko (2008), Zarandi (2011), Goran et al. (2012), Agashe and Tiwari (2015, 2016) had studied psycho-social benefits of participation in sports even in physically disabled population. But surprisingly social maladjustment in physically challenged females has not been studied in the light of self confidence and participation in sports. Hence to fill this void, the present study was planned.

OBJECTIVE

The objective of the present study is to assess main and interaction effect of self confidence and participation in sports on social adjustment/maladjustment in physically challenged females.

HYPOTHESIS

It was hypothesized that self confidence (High-Low) and participation in sports alone and interaction with each other will prove to be significantly beneficial for enhancement of social adjustment of physical challenged females.

METHODOLOGY

SAMPLE

To conduct the study 200 physically challenged female sportsperson aged range between 20-25 years were selected as sample. Participation in any sporting event of national games organised for physically disadvantaged individuals was the requirement for selection of physically challenged athletes. To fulfill the objectives of the

study, 200 physically challenged female non sportspersons age range between 20-25 years were also selected as sample.

TOOLS

Five dimensional Emotional Maturity Scale prepared by Singh and Bhargava (1990) was used to assess emotional maturity of selected subjects. The areas covered by this inventory are emotional stability, emotional progression, social adjustment, personality integration and independence respectively. This inventory is highly reliable and valid. Data pertaining to social maladjustment were taken for the present study.

To assess self-confidence of physically challenged female subjects, Pandey's Self Confidence Inventory (1983) was used. This inventory consists of 60 questions and is highly reliable and valid.

Procedure

Pandey's Self Confidence Inventory (1983) and EMS (1990) by Singh and Bhargava were administered to selected physically challenged female subjects as per their convenience, and availability. After scoring of the responses according to author's manual, obtained data was tabulated. Fourfold ANOVA table was formed to analyse the data. To classify two categories of high and low self confidence Q1 and Q3 statistical technique was used. The scores of subjects falling above P75 (Q3) were treated as having low self confidence while scores lying below P25(Q1) were treated high self confidence. The obtained results are presented in table 1.

RESULTS

Table 1 Effect of Self Confidence (A) x Participation in Sports (B) on Social Adjustment/Maladjustment of Physically Challenged females (N=221)

		Participation in Sports (B)		
		Physically Challenged female Sportsperson (b1)	Physically Challenged female Non-Sportsperson (b2)	Marginal Mean
Confidence (A)	High (a1)	N=68 M=17.41 S.D. = 4.65	N=40 M=20.02 S.D.=4.13	18.71
	Low (a2)	N=42 M=20.61 S.D.=3.90	N=71 M=21.54 S.D.=3.75	21.08
Marginal Mean		19.01	20.78	

Table 1 reveals the following facts- The main effect of self-confidence on social adjustment/maladjustment of physically challenged females was found to be statistically significant at .01 level ($F=9.40$, $p<.01$). It reveals that social adjustment in physically challenged females with high level of self-confidence ($M=18.71$) was significantly superior as compared to physically challenged females with low level of self-confidence ($M=21.08$).

ANOVA Summary

Source of Variation	SS	df	MS	F
A	161.808	1	161.808	9.40*
B	288.503	1	288.503	16.77*
AB	36.501	1	36.501	2.12
Within treatment (Error)	3732.928		217	17.202

* Significant at 0.01 level;

$F=16.77$, an indicator of the main effect of participation in sports on social adjustment/maladjustment of physically challenged females was also found to be statistically significant at .01 level. It reveals that social adjustment of physically challenged female sportsperson ($M=19.01$) was significantly better as compared to physically challenged female non-sportsperson ($M=20.78$)

The F of 2.12, an indicator of interaction effect of self confidence and participation in sports on social adjustment/maladjustment of physically challenged females was not found to be statistically significant.

DISCUSSION

Agashe and Tiwari (2016) in their study reported that participation in sports is beneficial in enhancing adjustment of physically challenged females. Similarly Pастey and Vijayalaxmi (2006) found significant association between self-confidence and overall emotional maturity. This indicates in main effect of self-confidence and participation in sports on social adjustment / maladjustment of physically challenged females. As far as interaction effect is concerned, the results were in expected direction because of two significant main effects of two independent variables.

CONCLUSION

1. Physically challenged female sportsperson have more ability to maintain social relations as compared to physically challenged female non-sportsperson.
2. Physically challenged females high in confidence are socially more adjusted as compared to physically challenged females low in confidence.
3. Self-confidence and participation in sports in interaction with other failed to create variance on social adjustment / maladjustment in physically challenged females.

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